

Required Reading for the Lunar Akhanda YTT

Please read the following 4 books prior to the YTT, and bring them with you to the training. Some are available on Kindle or iBooks and at the ashram library.

1. Lasater, Judith Hanson (2011). *Relax and Renew: Restful Yoga for Stressful Times*.
2. Clark, Bernie (2007). *YinSights*. **or** Clark, Bernie (2012) *The Complete Guide to Yin Yoga: The Philosophy & Practice of Yin Yoga*, White Cloud Press.
3. Lasater, Judith Hanson (2009). *Yoga Body: Anatomy, Kinesiology and Asana*.
4. Ravindra, Ravi (2009). *The Wisdom of Patanjali's Yoga Sutras*. (ample copies at ashram library) **OR** Shearer, Alistair (1982). *The Yoga Sutras of Patanjali*; Bell Tower.

Recommended Reading for a Lifetime

The ****asterix** would be very useful to read prior to the Lunar Akhanda Yoga teacher training course. ***asterix** would be interesting for continuing professional development.

Yin Yoga:

*Powers, Sarah (2008) *Insight Yoga: An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern Approaches to Healing and Well-Being*.

Grilley, Paul (2012) *Yin Yoga: Principles & Practice*, White Cloud Press.

Blair, Norman (2017). *Brightening Our Inner Skies Yin and Yoga*.

Restorative Yoga:

Flamm, Susan Beth (2013) *Restorative Yoga with Assists*. (has prenatal guidelines).

*Lasater, Judith Hanson (2017) *Restore and Rebalance: Yoga for Deep Relaxation*.

Carey, Leeann (2015). *Restorative Yoga Therapy*. New World Library.

Anatomy and Asana:

**Clark, Bernie (2018) *Your Spine Your Yoga*, Wild Strawberry Productions.

*Bond, Mary (2007). *The New Rules of Posture*; Healing Arts Press.

**Schleip, Robert (2017). *Fascial Fitness*; Lotus Publishing.

*Rosenberg, Stanley (2017). *Accessing the Healing Power of the Vagus Nerve*; North Atlantic.

Solloway, Kelly (2018) *The Yoga Anatomy Coloring Book*, Get Creative 6.

Frawley, David and Kozak, Sandra Summerfield (2001). *Yoga for Your Type*; Lotus Press.

Farhi, Donna and Stuart, Leila (2017). *Pathways to a Centered Body*; Embodied Wisdom.

Ancient Texts and Yoga Theory

*Roche, Lorin (2008). *The Radiance Sutras*; Syzygy Creations.

Ravindra, Ravi (2017). *The Bhagavad Gita: A Guide to Navigating the Battle of Life*. Shambhala.

Adele, Deborah (2009). *The Yamas & Niyamas: Exploring Yoga's Ethical Practice*; On-Word Bound Books.

Devi, Nischala Joy (2007). *The Secret Power of Yoga for Women*. Three Rivers Press.

Nisargadatta Maharaj (1973). *I am That*; The Acorn Press.

Mindfulness, Meditation and Neuroscience

**Neff, Kristin and Germer, Christopher (2018). *The Mindful Self-compassion workbook*.

*Siegel, Daniel J (2018). *Aware: The Science and Practice of Awareness*; Penguin.

Forbes, Bo (2011). *Yoga for Emotional Balance*. Shambhala Publications.

Coulter, Dee Joy (2014). *Original Mind*; Sounds True.

Salzberg, Sharon (2011). *Real Happiness*; Thomas Allen & Son Limited.

*King, Ruth (2019). *Mindful of Race: Transforming Racism from the Inside Out*; Sounds True.

Trauma Sensitive Yoga

*Emerson, David and Hopper Elizabeth (2011). *Overcoming Trauma through Yoga*.

Abram, Brendon (2018). *Teaching Trauma-Sensitive Yoga*; North Atlantic Books.

Ethics

**Farhi, Donna (2006). *Teaching Yoga: Exploring the Teacher-Student Relationship*. Rodmell Press.

Taylor, Kylea (1995). *The Ethics of Caring*. Santa Cruz: Hanford Mead Publishers.